

Marquette County

ADRC NEWS...

ADRC OF MARQUETTE COUNTY
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May & June 2023

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Photo Submitted By: Amelia Cisewski

We're looking for photos of Marquette County for the cover of our newsletter!

Submit your photos to Melissa at mklebs@co.marquette.wi.us

NATIONAL CENTER ON ELDER ABUSE

12 Things Everyone Can Do to Prevent Elder Abuse

Our communities are like buildings that support people's wellbeing. Sturdy buildings ensure that people are safe and thriving at every age. We all have a part to play in this construction project.

Here are 12 things everyone can do to build community supports and prevent elder abuse.



- > **Learn the signs** of elder abuse and neglect and how we can collectively solve the issue.
- > **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like improved law enforcement, community centers, and public transportation.
- > **Prevent isolation.** Call or visit our older loved ones and ask how they are doing regularly.
- > **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.
- > **Join Ageless Alliance**, an organization that connects people of all ages, nationwide, who stand united for the dignity of older people and for the elimination of elder abuse. Visit agelessalliance.org.
- > **Provide respite breaks** for caregivers.
- > **Encourage our bank managers** to train tellers on how to detect elder financial abuse.
- > **Ask our doctors** to ask all older patients about possible family violence in their lives.
- > **Contact a local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk.
- > **Organize an "Aging with Dignity" essay or poster contest** in a local school.
- > **Ask religious congregation leaders** to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.
- > **Volunteer** to be a friendly visitor to a nursing home resident or to a homebound older person in our communities.

It is up to all of us to prevent and address elder abuse!

For more information on elder abuse prevention, please visit ncea.acl.gov.

Summer World Records Trivia

1. How much did the world's largest scoop of ice cream weigh?
2. The world's largest inflatable pool toy was named "Sally the Swan" by its creators. How tall was she?
3. True or false: The world's largest strawberry weighed a whopping five ounces.
4. What's the world record for the longest-running BBQ? (a) 12 hours (b) 50 hours (c) 80 hours.
5. Pro competitive eater Joey Chestnut holds the world record for the most hot dogs eaten in 10 minutes. How many hot dogs did he eat during his record-breaking attempt in 2021?
6. The world's tallest sunflower was grown in Germany in August 2014. How tall was it? (a) 20.1 feet (b) 30.1 feet (c) 40.1 feet.
7. True or false: The world's longest inflatable slip and slide measured 1,975 feet.
8. Kevin Strahle from New Jersey, USA, holds the world record for the most ice pops eaten in a minute. How many did he eat?

Answers are on Page 23

Trivia questions taken from: <https://www.twinkl.com/blog/150-summertime-trivia-questions>



Did You Know?

Inadequate nutrition & hydration can cause muscle loss and dizziness and increase your risk of falls.

If you have two or more chronic conditions, such as arthritis, heart disease, high blood pressure, diabetes, asthma, etc., you may be at increased risk of poor nutrition.

Are any of the following true for you?

- Losing weight without dieting
- Not getting enough to eat
- Decreased muscle strength
- Poor appetite
- Eat small amounts of meat/protein foods
- Inadequate fluid intake
- Take multiple medications

CLASS COMMENTS:

I LEARNED SOME THINGS I NEVER KNEW BEFORE.

SO INTERESTING, A REAL EYE OPENER.

GOOD TRUSTWORTHY INFORMATION, IT WAS GREAT!

GOOD INFO, GOOD INTERCHANGE. LOTS OF FUN!

If yes, you may be at increased risk for poor nutrition, falling & problems with concentration.

This one-time, 2 ½ hour class is fun and interactive. There is a \$10 suggested donation.

Invite a friend, family member, caregiver, or come alone, you will make friends at class.

You will learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health and concentration.

Date: Thursday, June 15, 2023

Location: Neshkoro Area Community Center

Time: 1:00- 3:30pm

To Register:

Call Amelia Cisewski at (608)297-3146 or Email acisewski@co.marquette.wi.us

Watch Out for Health Fraud Scams

By the GWAAR Legal Services Team

Health fraud has been around for centuries. These scams involve selling drugs, devices, foods, or skincare products with claims that they will help with common health issues, like weight loss, memory loss, or joint pain. Unfortunately, these products usually don't work as advertised, and at worst, they're dangerous. Read on to learn about some common types of health fraud scams.

- **Miracle Cures**

These ads will often use testimonials from patients or medical providers who say that you'll get "miraculous results." Spoiler alert: you won't. Remember that success stories like these are easy to make up, and reviews you read on social media may be fake.

- **Quick Fixes**

Watch out for ads that promise results in "30 days or your money back" or other unrealistic timelines. Remember that few conditions can be treated quickly, even with proven treatments.

- **"Ancient Remedies" and "All Natural" Cures**

These words are used to try to make you believe that products are safer or have a longer track record than more mainstream treatments. Don't be fooled by these descriptions. Remember that some ancient civilizations believed that drinking mercury would increase a person's lifespan. (We now know that exposure to mercury can have serious effects, ranging from headaches and tremors to death.) In addition, the Food and Drug Administration (FDA) has found many products advertised as "all natural" treatments that actually contain high doses of prescription drug ingredients.

- **Scientific Breakthroughs**

These ads use words that sound scientific or refer to prestigious awards. Some examples include "Nobel Prize-winning technology," or "Extreme Thermogenic Formula." Sometimes ads will mischaracterize research studies and draw conclusions that the researchers themselves didn't make.

Before purchasing a product you've seen advertised, talk to your doctor or other health care professional. Ask whether the product works and whether there is any scientific research that supports the advertisers' claims. If you are taking any supplements or prescription drugs, ask whether using the product will lead to any harmful interactions. If the product is safe to use, ask how much you should take and whether there are any side effects you should know about.

You can also do some research on your own. Search for the name of the product online with the words "reviews," "complaints," or "scam." If the ad mentions any scientific studies, look up the researchers and whether the studies were published in a scientific journal.

If you think you've found a scam, consider reporting it to the Federal Trade Commission (FTC) at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud). The FTC and law enforcement agencies use these reports to stop scammers. If you experience side effects or illness related to a health care product, seek medical help immediately. You can report it later on the FDA's [MedWatch](https://www.fda.gov/medwatch) website.

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Aging and Disability Services Transportation Program

If you need a RIDE to Medical Appointments

The Transportation Program will coordinate and provide transportation for **people 60+, people with disabilities or veterans to and from medical appointments**. Copay amounts depend on the destination.

If you need a RIDE to Portage for shopping

The Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Friday** of the month. Transportation will be provided to Portage for shopping. Copay to Portage is \$15. Times vary depending on ridership. Please call to reserve your spot.

Reservation are required with a minimum of 2 business days in advance.

Ride availability does fill-up. Please call with as much advanced notice. All rides are subject to availability.

Call the Transportation Coordinator at (608) 297-3104 to make your reservations.

The Department of Human Services operates its programs and services without regard to race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in accordance with Title VI of the Civil Rights Act, Americans with Disabilities Act (ADA), and related nondiscrimination authorities. For more information The Department of Human Services' civil rights, ADA obligations, and the procedures to file a complaint, contact The Department of Human Services Director, at email: mcdhs@co.marquette.wi.us, (608) 297-3124 (for hearing impaired, please use Wisconsin Relay 711 service <https://wisconsinrelay.com>) or visit our office at 428 Underwood Ave, Montello WI 53949. For more information, visit adrcmarquette.org website.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, DC, 20590.

If information is needed in another language, contact 608-297-3124
Sise necesita informacion en otro idioma de contacto, 608-297-3124

<i>Destination</i>	<i>Copay Round Trip</i>
Madison	\$20
Appleton	\$20
Oshkosh	\$20
Fond du Lac	\$20
Tomah	\$20
Baraboo	\$15
Berlin	\$15
Portage	\$15
Wautoma	\$15
Ripon	\$15
Adams	\$15
Green Lake	\$15
Wisconsin Dells	\$15
Markesan	\$15
Local	\$5

Are you interested in sponsoring a ride?

Some residents in Marquette County struggle to afford their transportation copays.

If you are interested in sponsoring rides, contact the transportation coordinator at **(608) 297-3104** to make a donation.

Slam the Scam With Social Security

The Social Security Administration and its Office of the Inspector General (OIG) continued to raise public awareness about Social Security imposter scams during the fourth annual “Slam the Scam” Day held in March. Social Security scams — where fraudsters pressure victims into making cash or gift card payments to fix alleged Social Security number problems or to avoid arrest — are an ongoing government imposter fraud scheme. For several years, Social Security impersonation scams have been one of the most common government imposter scams reported to the Federal Trade Commission. [We’ve made concerted efforts to address this issue, through extensive outreach and investigative initiatives. These efforts have made a significant impact, reducing money reported lost to Social Security scams by 30 percent from 2021 to 2022.](#)

“I am proud of the work we have done to combat Social Security imposter scams and raise public awareness,” said Kilolo Kijakazi, Acting Commissioner of Social Security. “We will continue to use every tool at our disposal to protect the public and their critical benefits. We urge Americans to remain vigilant, do not give out personal information or money, and report any scam attempts.”

Scammers use sophisticated tactics to trick potential victims into disclosing personal and financial information. Typically, they use the five P’s – Pretend, Prize or Problem, Pressure, and Payment. For example, scammers pretend they are from Social Security in phone calls or emails and claim there is a problem with the person’s Social Security number. The scammer’s caller ID may be spoofed to look like a legitimate government number. Scammers may also send fake documents to pressure people into complying with demands for information or money. Other common tactics include citing “badge numbers” and using fraudulent Social Security letterhead to target individuals for payment or personal information.

We will never:

- Tell you that your Social Security number is suspended.
- Contact you to demand an immediate payment.
- Threaten you with arrest.
- Ask for your credit or debit card numbers over the phone.
- Request gift cards or cash.
- Promise a Social Security benefit approval or increase in exchange for information or money.

Our employees do contact the public by telephone for business purposes. Ordinarily, we call people who recently applied for benefits, are already receiving payments and require updates to their record or requested a phone call from us. If there is a problem with a person’s Social Security number or record, we will mail a letter.

“Working with our law enforcement and private sector partners to inform consumers about scammers and their deceptive practices remains a priority for my office. We will continue promoting National Slam the Scam Day to help protect consumers from these predators. Slamming the scam begins with consumers quickly taking a step to hang up the phone, or delete suspicious texts and emails, without responding to the scammers,” said Gail S. Ennis, Inspector General for the Social Security Administration. “That remains the easiest and most effective method to avoid falling prey to these vicious scams.”

To report a scam attempt, go to oig.ssa.gov. For more information, please visit www.ssa.gov/scam and www.ssa.gov/antifraudfacts.

How We Protect You From Misleading Advertising And Communication



Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. **Section 1140 of the Social Security Act** allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at www.ssa.gov/OP_Home/ssact/title11/1140.htm.

For example, the OIG may impose a penalty against anyone

who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link – and how you came across it.
- For emails and text messages, please capture the entire message and any message links.
- For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.
- For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov. You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication, *What You Need to Know About Misleading Advertising*, at www.ssa.gov/pubs/EN-05-10005.pdf.



Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$30.00** per **24-pack case**. Currently **Chocolate** is the only flavor available.

Boost Plus and **Glucerna** are also available upon request. Flavors available are: **Chocolate or Vanilla**. Allow at least 1 week for delivery and ask for pricing.

Pick up at the Health & Human Services Building at 428 Underwood Ave, Montello, WI or delivered to you if you receive Home-Delivered Meals. We accept checks or cash.

To order or for more information call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

Tips and Tricks from the Kitchen:



Mess Free Microwave- To clean the inside of your microwave, place a bowl of water inside and microwave it on high for 2 minutes. This steams up the inside and makes any splatter easy to clean up with a damp cloth.

NATIONAL CENTER ON ELDER ABUSE

Red Flags of Abuse

Our communities are like structures that support people's safety and wellbeing. One of the most important ways we can all contribute to this ongoing construction project is by looking out for warning signs of maltreatment. Does someone you know display any of these signs of abuse? If so, **TAKE ACTION IMMEDIATELY**. Everyone, at every age, deserves justice. **Report suspected abuse as soon as possible.**



Emotional & Behavioral Signs

- > Unusual changes in behavior or sleep
- > Isolated or not responsive
- > Fear or anxiety
- > Depression

Physical Signs

- > Broken bones, bruises, and welts
- > Unexplained sexually transmitted diseases
- > Cuts, sores or burns
- > Dirtiness, poor nutrition or dehydration
- > Untreated bed sores
- > Poor living conditions
- > Torn, stained or bloody underclothing
- > Lack of medical aids [glasses, walker, teeth, hearing aid, medications]

Financial Signs

- > Unusual changes in bank account or money management
- > Unusual or sudden changes in a will or other financial documents
- > Fraudulent signatures on financial documents
- > Unpaid bills

WHAT IS ELDER ABUSE?

Elder abuse is the mistreatment or harming of an older person. It can include physical, emotional, or sexual abuse, along with neglect and financial exploitation. Many social factors—for example, a lack of support services and community resources—can make conditions ripe for elder abuse. Ageism (biases against or stereotypes about older people that keep them from being fully a part of their community) also play a role in enabling elder abuse. By changing these contributing factors, we can prevent elder abuse and make sure everyone has the opportunity to thrive as we age.



TYPES OF ELDER ABUSE

- > **Physical abuse:** Use of force to threaten or physically injure an older person
- > **Emotional abuse:** Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an older person
- > **Sexual abuse:** Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent
- > **Exploitation:** Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property
- > **Neglect:** failure or refusal to provide for an older person's safety, physical, or emotional needs



HOW CAN WE PREVENT AND ADDRESS ELDER ABUSE?

We can lessen the risk of elder abuse by putting supports and foundations in place that make abuse difficult. If we think of society as a building that supports our wellbeing, then it makes sense to design the sturdiest building we can—one with the beams and load-bearing walls necessary to keep everyone safe and healthy as we age. For example, constructing community supports and human services for caregivers and older adults can alleviate risk factors tied to elder abuse. Increased funding can support efforts to train practitioners in aging-related care. Identifying ways to empower older adults will reduce the harmful effects of ageism. And leveraging expert knowledge can provide the tools needed to identify, address, and ultimately prevent abuse.

HOW CAN WE REPORT SUSPECTED ABUSE?

No matter how old we are, justice requires that we be treated as full members of our communities. If we notice some of these signs of abuse, it is our duty to report it to the proper authorities.

Each County has an **Adult Protective Services (APS) worker(s)**. Reach out to your local ADRC to connect with the APS worker.

If you or someone you know is in a life threatening situation or immediate danger, call 911 or the local police or sheriff.

The National Center on Elder Abuse (NCEA) directed by the U.S. Administration on Aging, helps communities, agencies and organizations ensure that older people and adults with disabilities can live with dignity, and without abuse, neglect, and exploitation. We are based out of Keck School of Medicine of USC. NCEA is the place to turn for education, research, and promising practices in preventing abuse.



Visit us online for more resources!

ncea.acl.gov

Brain Boosting Nutrition

By Amelia Cisewski, RDN, CD

Give your brain a boost with nutrients and foods that can help improve your focus and memory.

Eat your veggies

Getting adequate vegetables, especially dark green leafy ones including broccoli, spinach, kale, collard greens, and lettuce may help improve your memory. They are packed with nutrients linked to better brain health like folate, vitamin E, carotenoids and flavonoids. Try a kale salad, add broccoli to a stir-fry, or add dark green veggies to an omelet or soup.

Enjoy plenty of berries and cherries

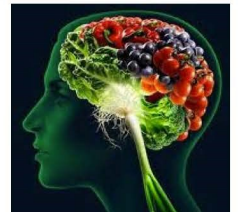
Berries especially dark ones such as blackberries or blueberries and cherries, are a rich source of anthocyanins and other flavonoids that may boost memory and function. Use fresh, frozen, or dried berries and cherries. Eat a handful of berries for a snack, mix into cereal, make a smoothie or bake into a dessert.

Add some walnuts

Not only are walnuts good for heart health, they also may improve cognitive function. They are rich in fat-soluble vitamin E, which may help protect the brain. Have a handful of walnuts as a snack, or add to oatmeal or a salad.

Brain Health and Fish

You've most likely heard that omega-3 fatty acids are good for your health, but one in particular, docosahexaenoic acid or **DHA**, is essential for brain health. Brain and nervous system tissues are partly made of fat and research shows they need DHA in particular. In fact, low levels of DHA have been associated with a greater risk of Alzheimer's disease in later years. To get the brain benefits of DHA, you need to maintain a consistent intake of DHA-rich foods like fatty fish (salmon, tuna, herring) fish, fish oil, algae supplements or other DHA-fortified foods in your diet. Try eating fish at least once a week to get a healthy amount.



The MIND Diet

Over the past few years, researchers are investigating the link between diet, cognitive decline, and dementia. They have found that by modifying a patient's dietary intake, it could significantly lower the risk of developing Alzheimer's disease. They developed the MIND Diet (**Mediterranean– DASH Intervention for Neurodegenerative Delay**) which is a combination of two dietary plans, the Mediterranean and the DASH (Dietary Approaches to Stop Hypertension) plans. The MIND diet emphasizes natural plant-based foods, specifically promoting an increase of berries and green leafy vegetables and limited intakes of animal-based and high saturated fat foods.

General guidelines for the MIND Diet include eating at least 3 servings of whole grains, a salad, and one other vegetable each day. In addition, nuts are used as a snack on most days and beans every other day. Poultry and berries at least twice a week and fish at least once a week.

Although more research is necessary to prove the value of this diet, it may be a strategy to improve cognitive decline in older adults.

Brain Healthy Recipes

Very Berry Vanilla Chia Pudding

Ingredients

- 2 cups milk
- 1/2 tsp. vanilla extract
- 2-3 Tbsp. maple syrup
- 1/2 cup + 2 Tbsp. chia seeds
- 1 1/2 cup fresh blueberries, strawberries, and raspberries



Directions

1. In a bowl, whisk together milk, vanilla extract, maple syrup. Pour liquid mixture over the chia seeds and stir until seeds are incorporated. Make sure to stir well, so that none of the chia seeds are sticking together. This ensures they're all able to absorb the liquid and create a pudding-like consistency.
2. Let sit for an hour or in the refrigerator overnight. Mixture will thicken substantially.
3. In the morning, rinse berries and slice strawberries. Add strawberries, blueberries, and raspberries to chia pudding. Enjoy!
4. Yield: 4 servings

Modified from The Blue Zones

Tuna & White Bean Lettuce Wraps

Ingredients

- 1 can (12 oz.) light tuna in water, drained and flaked
- 1 can (15 oz.) cannellini beans, rinsed and drained
- 2 tablespoons olive oil
- 1 tablespoon minced fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 12 lettuce leaves (about 1 medium head)
- 1 medium ripe avocado, peeled and sliced



Directions

1. In a small bowl, combine the first 7 ingredients; toss lightly to combine. Serve in lettuce leaves; top with avocado.

Yield: 4 servings

Nutrition Facts: for 3 wraps

Calories	279	Saturated Fat	2g	Sodium	421g
Total Fat	13g	Carbohydrates	19g	Protein	22g

Modified from Taste of Home



Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

For more information, visit the [official OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.





Please join us for the Marquette County Senior Nutrition Program's

Older American Celebration

Friday, May 12, 2023

Westfield Senior Dining Site

11:15am - Aging Unbound Presentation with Deb from Hope House

12:00pm - Lunch Served

Musical Entertainment by Bill & Bonnie Stevens

1:00pm– Bag Toss Tournament

We hope to see you there!

Suggested donation of \$3.00 for ages 60 and older and spouses regardless of age. To RSVP
call (608) 297-3146.





Marquette County Health Department Foot Clinic

Marquette County Health Department offers foot clinics to adult residents. Foot care is important because feet are a sensitive part of the body. Good foot care and proper hygiene are important to keep feet in top shape!

- Feet are assessed
- Feet are soaked (about 20-25 minutes)
- Toenails are trimmed
- Callouses are addressed
- Foot massage is given
- Home instructions are provided

Upcoming Foot Clinic Dates:

May 16th, 25th, & 31st

June 14th & 28th

***Call for an Appointment or if you have any questions!**

608-297-3135

Immunizations with Marquette County Health Department



Upcoming Immunization Clinic Dates:

May 8th, 22nd, & 25th

June 12th, 22nd, & 26th

Location: Marquette County Health Department,
428 Underwood Avenue, Montello, WI

These walk-in clinic days do not include COVID-19 vaccines! Please see below for how to schedule a COVID-19 vaccine.

If you are interested in a COVID-19 vaccine, you can check for appointments on the website www.co.marquette.wi.us and clicking on "COVID-19 Information." If you do not have access to the internet, please call our office at 608-297-3135. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to see what we can do to help!

Our COVID-19 vaccine clinics include 2nd booster shots for those that are age 50+ or those who are immunocompromised.

If you have questions about vaccines available, please call us at 608-297-3135.



Northwest Connections (NWC) provides Emergency Mental Health Services. If you or someone you know is in crisis please call **888-552-6642** to reach the crisis line. A live person is available 24 hours a day.



care & share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

*1st and 3rd Tuesday of the month 4:30-6 pm
*1st, 2nd, 3rd, and 4th Thursday of the month from
1-3 pm

Please do not arrive earlier than 15 minutes before
we open.

Household Size	Combined Household Gross Monthly Income
1 Person	\$2,430
2 Person	\$3,287
3 Person	\$4,143
4 Person	\$5,000
5 Person	\$5,857
6 Person	\$6,713
7 Person	\$7,570

Contact Us:




☎ Phone: (608) 369-1059

✉ Email: foodbank@co.marquette.wi.us

📘 Facebook: [Care & Share Food Bank of Marquette County](#)



Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatballs & Gravy Chickpea Pasta Stewed Tomatoes & Zucchini Celery and Peanut Butter Rice Krispie Treat	2 Squash Ravioli Collard Greens Cottage Cheese Pineapple	3 Turkey and Gravy Mashed Potatoes/Stuffing Root Vegetables Craisins Raspberry Cake	4 BBQ Chicken Potato Medley Peas and Carrots Orange Cinnamon Roll	5 Club Hoagie Sandwich Italian Veggie Salad Mixed Fruit
8 Pork Steak Diced Potatoes Squash Cherry Tomatoes Spice Cake	9 Lasagna Peas Caesar Salad Ice Cream	10 New England Boiled Dinner Carrots Ambrosia	11 Ham Green & Red Beans Sweet Potatoes Vanilla Pudding and Oranges	12 Older Americans Celebration in Westfield No Home Delivered Meals ***see menu below
15 Salmon & Leek Quiche Hash Browns Bok Choy & Red Peppers Blueberry Jell-O Dessert	16 Southwest Salad Lettuce, Chili, Red Beans, Tomatoes, Black Olives, Cheese Pistachio Pudding	17 German Reuben Casserole Festival Veggies Melon	18 Pepperoni Pizza Mini Corn Homemade Fruit Popsicle Pecan Bar	19 Salisbury Steak Mashed Potatoes Asparagus Applesauce Devil's Food Cake
22 Baked Chicken Sweet Potatoes Spinach Grapes Apple Fritter Bread	23 BBQ Shredded Pork Baby Bakers Beets Salsa & Chips Frosted Brownie	24 Beef Patty & Gravy Mashed Potatoes Brussel Sprouts Tropical Fruit	25 Breaded Fish French Fries Red Cabbage Apples	26 Beef Fajita w/ Pep, Onion Refried Beans Cherry Tomatoes Mexican Coleslaw Blueberry Cheese Cake Fluff
29 Closed 	30 Brat Patty Rosemary Roasted Potatoes Corn & Carrots Strawberries n Cream	31 Cheese Tortellini w/ Chicken Alfredo Sauce Broccoli Kiwi Macaroon Cookie		 *** Roasted Chicken Mashed Potatoes Coleslaw Peaches

Marquette County Senior Nutrition Program

Senior Dining Sites

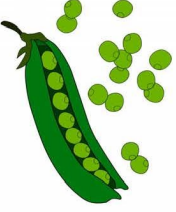
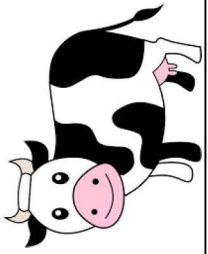
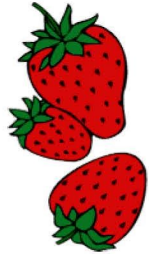
<u>Endeavor Civic Center</u> 400 Church St, Endeavor Meals Served: Wednesday at 11:30	<u>Oxford Village Hall</u> 129 S. Franklin St, Oxford Meals Served: Tues & Thurs at Noon
<u>Montello Senior Center (Dome)</u> 140 Lake Court, Montello Meal Served: Mon, Wed, Fri at Noon	<u>Packwaukee Town Hall</u> N3511 State St, Packwaukee Meal Served: Tues & Thurs at Noon
<u>Neshkoro Area Community Center</u> 114 E Park St, Neshkoro Meal Served: Tues & Thurs at Noon	<u>Westfield Municipal Building</u> 129 E. 3rd St, Westfield Meal Served: Mon, Wed, Fri at Noon

In addition to getting delicious meals, each site provides an opportunity to meet new people and participate in social activities. For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. To make a reservation, call **608-297-3146** the business day before by 3:00pm.

Home-delivered meals are available for those age 60 or older who are homebound and unable to prepare adequate meals on their own. Please call for complete eligibility qualifications. Meals are delivered to participant's homes Monday thru Friday. Frozen meals are also available. The suggested donation of \$3.25 per meal. No one will be denied a meal due to their inability to contribute. For more information, call **608-297-3146**.

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 5 BBQ Pineapple Chicken 5 Grain Blend & Veggies Collard Greens Ice Cream Bar	 6 Philly Beef Steak Potato Wedges Beets Strawberries & Blueberries	 7 Italian Sausage German Potato Salad Mixed Veggies Pineapple Cup Cake & Chocolate Ice Cream	1 Italian Meatloaf Chickpea Pasta & Sauce Italian Vegetables Fresh Fruit Hazelnut Cake	2 Pork Stir Fry Brown Rice & Veggies Bok Choy & Red Peppers Cucumbers and Dip Rocky Road Ice Cream
5 BBQ Pineapple Chicken 5 Grain Blend & Veggies Collard Greens Ice Cream Bar	6 Philly Beef Steak Potato Wedges Beets Strawberries & Blueberries	7 Italian Sausage German Potato Salad Mixed Veggies Pineapple Cup Cake & Chocolate Ice Cream	8 Salmon Patty & Pea Sauce Rosemary Roasted Potatoes Cabbage, Carrots, Cauliflower Watermelon	9 Turkey Wild Rice Skillet Red & White Beans Carrots Strawberry Rhubarb Pie
12 Pollock Loin Baked Beans Rutabagas & Carrots Snow Peas and Dip Apples	13 Country Style Ribs Mashed Potatoes Cheesy Broccoli Fruit Cottage Cheese Ice Cream	14 Beef Steak & Gravy Baby Bakers Green Beans w/ Almonds Strawberry Shortcake	15 Cheese Ravioli with Vegetable Sauce California Vegetables Fresh Fruit	16 Minestrone Soup Half Chicken Cesar Wrap Mixed Melon Fudge Ice Cream Bar
19 Turkey and Gravy Mashed Potatoes Country Vegetables Creamy Tropical Fruit with Granola	20 Hamburger Tater Tots Baby Carrots Dill Pickle Pasta Salad Kiwi Nut Parfait	21 Summer Salad Lettuce, Chicken, Pineapple, Strawberries, Blueberries, Cheese Peaches n Cream	22 Unstuffed Cabbage Casserole Bean Medley Craisins Chocolate Éclair Cake	23 Apricot Glazed Ham Sweet Potatoes Collard Greens Strawberry Rhubarb Dessert
26 Ground Beef & Gravy Chickpea Pasta Green Beans, Mushrooms, & Onions Diced Mangos	27 Veggie Lasagna Corn and Black Beans Carrots Cake & Ice Cream	28 Sweet & Sour Meatballs Veggie Fried Rice Oriental Vegetables Pretzels and Hummus Pear Cup	29 Chicken & Dumping Casserole Stewed Tomatoes Mixed Fruit	30 Chef Salad Lettuce, Spinach, Turkey, Ham, Eggs, Peas, Cheese Pudding Cup

Elderly Benefit Specialist Program

SENIORCARE

SeniorCare helps Wisconsin Residents age 65 or older cover the cost of their prescription drugs. It is a program that works alone or with Medicare Part D to minimize your out-of-pocket drug costs. You can join anytime for \$30 a year, and if you have SeniorCare you won't pay a penalty for not enrolling in Part D. Is SeniorCare a good option for you? To find out call your Elder Benefit Specialist!

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 60+ on public and private benefit issues. Assistance with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics.

Please contact the Elder Benefit Specialist, **Meg Wandrey**, at **608-297-3103**.

Dining site visits with the ADRC

Packwaukee– 1st Tuesday of the month

Endeavor– 1st Wednesday of the month

Neshkoro– 2nd Tuesday of the month

Westfield– 2nd Wednesday of the month

Oxford– 3rd Tuesday of the month

Montello– 3rd Wednesday of the month

Community Events - 2023

Marquette County Senior Citizens, Inc.
Senior Dome
140 Lake Ct.
Montello, Wi. 53949

Senior Citizens, Inc. is an organization of senior citizens 50 years of age and above in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs and partake in activities that keep them active, promoting living.

Any donations we receive will be greatly appreciated and will help us keep up with our operating cost.

Following are the membership events at the Dome.

Sunday: Card playing 12:30 Potluck every **third Sunday** of the month, **Monday** : Chair exercise 10:00 to 11:00, Wii bowling 12:30, **Tuesday:** Euchre 1:00, **Wednesday:** Chair aerobics and weights 10:00 to 11:00
 Card playing 12:30, **Thursday:** Fife 1:00, **Friday:** Chair yoga 10:00 to 11:00, Wii bowling 12:30
Saturday: Euchre every **second Saturday** of the month 12:00,
Birthday Club: We go out to eat the **third Wednesday** of the month to celebrate the members birthdays that occur that month. It is Dutch treat and we car pool. Call Phyllis at (920) 979-7027 if interested.

For more info. About membership or events please call (608) 297-7815.



Marquette County Human Services is looking for volunteers for the following programs: kitchen, dining sites, Food Bank, transportation, Child and Family Services. If you are interested in learning more about these opportunities please call Richell at 608-369-1059 or email her at rkufahl@co.marquette.wi.us

Marquette County Giving Garden

Are you wondering how to support the garden this year? You can make a monetary donation by mailing in a check to:

Human Services
 Attn: Giving Garden
 PO Box 405
 Montello, WI 53949



Also, if you are interested in volunteering to help weed and pick the produce, please feel free to call 608-297-3166.

The Marquette County Giving Garden produce is used in our Senior Nutrition Program and The Care & Share Food Bank. If you have any questions, please feel free to call 608-297-3166.



Answers from Page 3

1. 3,000 pounds.
2. 70 feet tall.
3. False- it actually weighed more than eight ounces!
4. 80 hours
5. 76
6. 30.1 feet
7. True!
8. Six.

May

- * **3rd-** Memory Café- Westfield Village Hall 10am (Activity will be bean art)
- * **5th-June 8th-** Powerful Tools for Caregivers– 6-7:30pm Virtually on Thursdays– Contact Melissa at 605-297-3148 to register
- * **10th-August 23rd–** Grief and Loss Group– 2-4pm Virtually on Wednesdays-Contact Melissa at 608-297-3148 to register
- * **12th–** Older Americans Celebration– Westfield Village Hall– 11:15am– Contact Amelia at 608-297-3146 to register
- * **17th-** Caregiver Support Group- Montello- 10am

June

- * **7th-** Memory Café- Westfield Village Hall 10am (Activity will be discussing favorite trips)
- * **15th–** Stepping up Your Nutrition- Neshkoro Area Community Center– 1pm– Contact Amelia at 608-297-3146 to register.
- * **21st-** Caregiver Support Group- Montello- 10am



For more information on these events please visit the ADRRC website at www.adrcmarquette.org or call 855-440-2372

To sign up to receive the newsletter electronically go to: <https://www.mycommunityonline.com/find/marquette-county-department-of-human-services>

Marquette County Seeing an Increase in Falls Among Residents Age 65+

Wisconsin has the largest number of deaths from falls of ALL 50 states!

Marquette County EMS reported 276 falls in 2022. An increase of 13% from 2020. Marquette County had 19 deaths from falls from January of 2020 to September of 2022.

According to the CDC, one in four older adults fall each year, and nation-wide, 3 million older adults are treated in emergency departments for a fall injury each year.

Falls are preventable!

If you are concerned about falling or have fallen in the past, please join the Marquette County Falls Prevention Team:

May 16th from 11AM – 1PM
Trinity United Methodist Church
W3032 Fern Dr. Montello, WI
(Behind Crawford Funeral Home)
FREE LUNCH

After lunch you will progress through a variety of screenings such as vision, medication, gait, balance, home safety, and nutrition.

Register here: healthinfo@co.marquette.wi.us or (608) 297 - 3135. Registration due by May 8th, 2023.



ADRC Roles

Jan Krueger, ADRC Director

We serve any person aged 60 years of age or older. A person who is disabled and age 17 years 9 months or older. Individuals who are caring for a disabled or older adult. Those who are concerned, about the welfare of a disabled or older adult, are also encouraged to contact us. The resources, programs, and options available may have more specific qualifications in addition to the age requirements. Please contact us to discuss your specific areas of needs or interests.

Kay Martin and Sharon Alden, Resource Specialists

The Resource Specialist provides information and assistance to the general public, but particularly to adults who are elderly or have a disability, as well as to a wide range of community resources. The Resource Specialist helps inform and educate people about their options and assists in connecting and enrolling them into public and private programs and services.

They continually raise community awareness and promote the ADRC through marketing and outreach activities. A Resource Specialist also provides options to help prioritize services based on a customer's values. They give specifics on eligibility criteria and how to apply for services and resources.

Jessica Bittelman, Disability Benefit Specialist

The Disability Benefit Specialist (DBS) assists persons with disabilities between the ages of 18 and 59, as well as those transitioning into adulthood at 17 years 9 months. The DBS can provide information, assistance, advocacy, and in some cases representation. A DBS can assist with initial applications, denials of eligibility, termination of benefits, and overpayments of both public and private benefits. Some of the programs and issues a DBS can assist with or provide information on include: BadgerCare Plus, Disability through the Social Security Administration, Extra help with Prescription Drug Costs, Food Share, Landlord/Tenant/Evictions, Medical Assistance, Medicare, Railroad Disability Benefits, Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Utility Assistance, and Wisconsin Works (W-2).

Melissa Klebs, Dementia Care Specialist

Dementia Care Specialist (DCS) works to increase the dementia capability of the Aging & Disability Resource Center (ADRC), promote dementia-friendly communities, support caregivers and increase opportunities for people with dementia to remain in their own homes as long as is appropriate. Coordination of the National Family Caregiver Support Program (NFCSP), Alzheimer's Family Caregiver Support Program (AFCSP) and Caregiver Support Group. In addition to dementia programming the DCS oversees coordination of the Stress-Busting Program and Powerful Tools for Caregivers Program.

Colleen Sengbusch, Social Worker

Social work with the elderly and adults with disabilities, involving adult protective services (APS), guardianship (GN), protective placements (PP) and case management that includes both access/intake and ongoing responsibilities.

Meg Wandrey, Elder Benefit Specialist

The Elder Benefit Specialist (EBS) assists persons 60 and older. The EBS can counsel persons about public and private benefits and help them apply for benefits. The EBS can sometimes assist people who have been denied a benefit that they think they are entitled to receive. An EBS can connect people to needed resources and can often advocate on a person's behalf. Benefit specialists can help with a variety of programs and issues, including: Medicare, Medical Assistance, SeniorCare, Extra help with Prescription Drug Costs, Food Share, SSI, Social Security, Landlord/Tenant/Evictions, Medical Debt Remediation, etc.

Adam Sengbusch, Transportation Coordinator

The Transportation Specialist/Dispatcher is responsible for the scheduling and transporting of clients for the ADRC of Marquette County in the most efficient manner to and from destinations. This person also ensures that the fleet of vehicles is maintained in good and safe operating condition. Transportation of clients to various locations including Senior Dining Sites, shopping, recreational activities, medical and other appointments.

Amelia Cisewski, Nutrition Coordinator

The Nutrition Coordinator is responsible for coordinating the elderly nutrition and home-delivered meal programs. Performs assessments to determine eligibility for homebound meal program. Provides nutritional counseling and education to both meal site and home delivered meal participants. Collaborates with kitchen staff on the development of menus and approves menus following program requirements. Evaluates the elderly nutrition program to insure there are no barriers to participation. The Nutrition Coordinator oversees the following programs Walk with Ease, Living Well with Chronic Conditions, and Stand Up and Move More.

If you would like more information about services provided by the ADRC call 855-440-ADRC (2372) or email adrc@co.marquette.wi.us.